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karate

11 sites

Karate is a traditional Japanese martial art developed in the Ryukyu Kingdom (present-day Okinawa) that primarily focuses on striking techniques using punches, kicks, knee strikes, and elbow strikes. The word karate translates to "empty hand," signifying a weaponless form of self-defense.
The Three Pillars of Training
Karate training is universally divided into three core areas:

GKR Karate
+1
Kihon (Basics): Repetitive drilling of fundamental stances, blocks, punches, and kicks to build muscle memory and perfect technique.

Kata (Forms): Choreographed patterns of movements that simulate defense and counterattacks against multiple imaginary opponents.
Kumite (Sparring): Practical application of techniques against a real opponent, ranging from controlled, pre-arranged drills to free combat.
The Four Major Styles
While hundreds of sub-styles exist, the World Karate Federation recognizes four traditional Japanese styles:

Wikipedia
+1
Shotokan: Characterized by wide, powerful, linear stances and explosive movements.
Goju-Ryu: Blends hard striking with soft, circular blocking techniques and focused breathing methods.
Shito-Ryu: A highly technical style that heavily emphasizes speed, precision, and a vast library of katas.
Wado-Ryu: Focuses on body shifting (tai sabaki) to evade attacks fluidly, heavily influenced by Jujitsu.

Century Martial Arts
+1
The Belt Ranking System
Progress in karate is tracked using a colored belt system (Kyu/Dan ranks). While specific orders vary by school, practitioners always start as a White Belt (beginner) and advance through various colors (such as yellow, green, blue, and brown) before reaching the Black Belt (expert).

Substack
·Hidden Japan
+2
Are you looking to start practicing karate, or are you researching its history, competitive rules, or a specific style?

Sponsored
If you're interested in starting to practice, here's an option for martial arts classes.
Crystal City Martial Arts
Crystal City Martial Arts - Martial Arts in Painted Post
Family-friendly martial arts classes in Painted Post, NY. Start your journey!

Our Instructors
Adult Martial Arts
You sent: 1 image

4 sites

The image shows a custom International Combat Jujitsu Union rank certificate issued under the umbrella of the International Combat Martial Arts Unions Association (ICMAUA).

Key Details from the Document
Issuing Organization: International Combat Jujitsu Union / Union ICMAUA.
Recipient Name: CagLar Juan SingLetary.
Rank Conferred: SCHOOL CHARTER.
Title Recognized: GRANDMASTER TOURNAMENT CHAMPION.
Date Issued: 2017.02.04.
Signature Authority: ICMAUA Director Dr. Mihails Kozlovs.
Associated Styles Referenced: Text headers reference Hidy Ochiai's Washin-Ryu, Ken Jones Shotokan 1997 Bluebelt, and the 1992 Philadelphia GracieJiujitsu-Seminar Maxercise Diploma.

A Nonprofit, Democratic Martial Arts Organization Of, For ...

International Combat Martial Arts Unions Association (ICMAUA ...

Grand Master Günther Benjamins - KRAV MAGA ACADEMY MEXICO

Kei Chu Shin Do Founders Certificate presented to Hanshi ...

Guy... - Guyana Martial Arts Masters Association International

Reel by Christian Manganelli (@tcd_action) · February 12, 2022

Red... - Red Dragon Complete Martial Arts Federation of India

I am so greatly honored and grateful to receive these two ...

WORLD MARTIAL-ARTS MASTERS ASSOCIATION | Facebook

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NKJF Leadership

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1st state Silambam open championship 2025-26 - Sairam Schools ...

File:Toofan-Salafzoon-Iranian-Kickboxer-Certificate2.jpg ...

See more

Would you like help with verifying the registration number on the official ICMAUA database or exploring the curriculum requirements for Jujitsu rank certification?

Organizational Members

International Combat Martial Arts Unions Association

Associations, Federations, Organizations, Clubs, Schools, Dojo, Dojang, Home Schools, Private Groups, Garage Dojo, Family Schools, etc. If the Organization has the ICMAUA and the Union membership Certificate, then for the verification is indicated (Certified) in the list.

Organizational members, please check that your information is correct and up to date it.

- The registered organization is solely responsible for its information and for any and each of its actions. All rights and the full responsibility for the published information belong to the authors – registered organizations.

These 1005 organizations from 113 countries are ICMAUA Organizational Members:

A B C D E F G H I J K

L M N O P Q R S T U V W X Y Z

A

Absolute Mixed Martial Arts *

Australia

Founding Director (Certified) Josh Caccianiga

MMA, Brazilian Jiu-Jitsu, Kick-Boxing & Karate

International Combat Mixed Martial Arts Union ICMAUA Member (Certified).

International Combat Martial Arts Organizations Union ICMAUA Member.

Academie d'Armes Internationale *

Maitre d'Armes Walter G. Green III

International Combat Bujutsu Union ICMAUA Member.

Academy Dogang Gym Kwan-Do Taekwon-Do *

Argentina

Director Sabonim Jorge Juarez

International Combat Taekwondo Union ICMAUA Member.

Academy of Combat Martial Arts India *

India

Sifu Chaitanya R Naik

Mixed Martial Arts Free Style, Wing Chun, Shorin Ryu, Shito Ryo

International Combat Martial Arts Organizations Union ICMAUA Member.

Academy of International Martial Arts & Health *

Australia

Hugh Doherty

International Combat Martial Arts Organizations Union ICMAUA Member.

Academy of Self Defense *

USA

Robert L. Kitchin

Lee Chuan Gung Fu

International Combat Kung Fu Union ICMAUA Member.

Head Organization in Lee Chuan Gung Fu.

Academy of Self Defence & Martial Arts Research India (Asdmari) *

India

Founder President Shihan Swaprakash Roy

Karate, Taekwondo, Yoga, Ju-Jutsu

13/ 175, Babuganj Lane, Shibtala, P.O. & Dist.- Hooghly, Pin- 712103, West Bengal, India.

www.asdmari.in

swaprakashroy@gmail.com

International Combat Martial Arts Organizations Union ICMAUA Member.

Action Martial Arts Training Academy *

Nigeria

Director/Chief Instructor Sunday Igbinedion

Taekwondo and Krav Maga

www.amatacademy.ng.com

International Combat Krav Maga Union ICMAUA Member.

Adaptive JuJitsu *

Shihan Don McPherson

Adaptive JuJitsu

http://adaptivejujitsu.com/

International Combat Adaptive JuJitsu Union ICMAUA Member.

A.F.K.A.K *

South Africa

Hoof-Stigter / Mede-Stigter, Terence Teraine / Karel Wolmarans

A.F.K.A.K.

www.afkak.co.za

coach@fsi.co.za

Head Master Terence Teraine, Head Master Karel Wolmarans

International Combat Martial Arts Union ICMAUA Member (Certified).

Aikai Combat Karate *

USA

Founder Lawton Wells

Self Defense Seminar S.T.I.N.G.

International Combat Karate Union ICMAUA Member.

Aikikai Malta *

Malta

Kevin Taksha Bonanno, Sensei

Aikido

www.aikikaimalta.com

International Comnbat Aikido Union ICMAUA Member.

Aiki-Jitsu South Africa *

South Africa

Director / Co-Director Karel Wolmarans / Terence Teraine

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International Combat Martial Arts Union ICMAUA Member (Certified).

Aiki-Sambo South Africa *

South Africa

Founder Terence Teraine, Founder Karel Wolmarans

Aiki-Sambo South Africa

www.afkak.co.za

coach@fsi.co.za

International Combat Martial Arts Union ICMAUA Member (Certified).

Albany Combative Arts and Training *

USA

GM Edward Kinner III

Simplified American Caged Combat, Kenpo Karate, MMA, Jeet Kune Do, Krav Maga, Ip Man Wing Chun and Tae Kwon Do

International Combat Martial Arts Organizations Union ICMAUA Member.

Alpha Force Omega, LLC (Home of C.O.P.S. ©) *

United States of America (Virginia)

Grand Chief Master Instructor Frederick W. James, Jr.

Founder, C.O.P.S. (Combined Options Protection System) ©

International Combat C.O.P.S. © Union ICMAUA Member

C.O.P.S. © Blend: Aikido, Brazilian Jiu-Jitsu, Isshinryu, and Tae Kwon Do

https://www.alpha-force-omega.com

Address: 4196 Merchant Plaza, Suite 418

Lake Ridge, Virginia 22192 USA

alpha_force_omega@yahoo.com

International Combat Martial Arts Organizations Union ICMAUA Member.

Ali Academy of Kyokushinkai Karate Pakistan (HQ) *

Pakistan

Chief Karate Master Basharat ALi
P. O Box # 9014 Karachi # 75120 Pakistan

International Combat Karate Union ICMAUA Member.

All Budo Jutsu Federation-International *

Germany

ABJF-I President & Founder Kaicho Shihan Uwe Ramspeck

abjf.budo-organization@hotmail.com

International Combat Budo Union ICMAUA Member (Certified).

Asociatia de Ju Jutsu din Romania *

Romania

Ju Jutsu, Kobudo, Mixed Martial Arts

International Combat Jujitsu Union ICMAUA Member

Aliran Tempur Ikhtiar *

Malaysia

International Combat Silat / Pencak Silat / Silek Union ICMAUA Member.

All Haryana State ITF Taekwondo Association *

India

Mukesh Kumar (Gen. Secretary)

Taekwondo & Karate

International Combat Indian Martial Arts Union ICMAUA Member.

All India Amateure Karate Association *

All Indian Martial Arts Federation *

India

Rajkumar Mourya

Shoto-kan & Shito-Ryu

International Combat Karate Union ICMAUA Member.

All Japan Traditional Karate Do International Federation *

Prof. Seyed Farzin Hassanzadeh Salehian

International Combat Karate Union ICMAUA Member (Certified).

Allstyle Dragon Dojos International *

A.D.D. International Martial Arts Organization *

Grandmaster Michael Kurbis

Allstyle Combat Defence / Tae-Ji-Ka-Do

International Combat Martial Arts Schools Union ICMAUA Member

Allstyle- Kickboxing/Martial Arts *

Renshi Martin Folan

Kickboxing/Karate/Ju Jitsu/Judo/Boxing/Muay Thai/Self Protection/Boxing

International Combat Martial Arts Schools Union ICMAUA Member

All styles Kick boxing Organization of Iran (International) *

President G.M. Seyed Hossein Moghadasi .

semi, light, full, kick boxing, Thai boxing & grappling.

International Combat Kickboxing Union ICMAUA Member.

Amateur Ashitedo Akhada Association *

India

President Gaurav Goswami

Boxing, Taekwondo, Karate

gauravfitindia@gmail.com

International Combat Martial Arts Organizations Union ICMAUA Member.

American Aikai Jujitsu *

USA

Founder Lawton Wells

Self Defense Seminar S.T.I.N.G.

International Combat Ajkijitsu Union ICMAUA Member.

American Bujutsu Council *

Dr. F. Alexander Ganzy PhD, LT USN (Ret.).

American Bujutsu.

International Combat Martial Arts Organizations Union ICMAUA Member (Certified).

International Combat Martial Arts Accreditation Union ICMAUA Member.

International Combat American Martial Arts Union ICMAUA Member.

International Combat Military Martial Arts Union ICMAUA Member.

American Combat Ars Federation *

Master Dr. Jim Mahan

Combat Arts.

International Combat Martial Arts Organizations Union ICMAUA Member.

American Combat Fighting Arts Association *

Sensei Alvie Walts

American Combat Fighting Arts.

International Combat Martial Arts Organizations Union ICMAUA Member.

American Combative Karate Association *

Spain, USA

Soke Roland Malone

International Combat Karate Union ICMAUA Member.

Head Organization in American Combative Karate.

American Existential Society *

Dr. Rivera’s IDEA/ACTION Training Studio

International Combat Martial Arts Organizations Union ICMAUA Member.

American Institute of Korean Martial Arts (AIOKMA) *

USA

Founder Master Samuel T Robertson IV

Tae Kwon Do, Hapkido, MMA

International Combat Martial Arts Organizations Union ICMAUA Member.

American Kenpo Chuan Fa Association *

USA

Founder/Professor David Naimowicz

American Kenpo Chuan Fa

International Combat American Martial Arts Union ICMAUA Member.

International Combat American and Asian Martial Arts Founders Union ICMAUA Member.

International Combat Chuan Fa Union ICMAUA Member.

International Combat Hawaiian Martial Arts Union ICMAUA Member.

International Combat Japanese Martial Arts Union ICMAUA Member.

International Combat Jujitsu U

Based on the ICMAUA Organizational Members directory provided, here is the entry information for the first organization listed on the certificate:
Organization: Aikai Combat Karate
Location: USA
Founder: Lawton Wells
Discipline/System: Self Defense Seminar S.T.I.N.G.
Affiliation: International Combat Karate Union ICMAUA Member
Additionally, the text document includes two specific South African operational entities sharing a joint leadership structure that corresponds directly to the visual signatures on your document:
A.F.K.A.K (Hoof-Stigter / Mede-Stigter)
Aiki-Jitsu South Africa / Aiki-Sambo South Africa
Leadership: Head Master Terence Teraine / Head Master Karel Wolmarans
If you would like to proceed, I can help you with:
Searching the remaining directory (B through Z) to check for the "Martial Carolyn &+ Selena Varts" school listing
Drafting an official inquiry email to the ICMAUA registrar to verify the certification registration number format

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Caglar Juan Singletary International Combat Kenpo Karate Union ICMAUA Member. International Combat Martial Arts Association

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The search results confirm the background of the recipient named on the certificate, CagLar Juan SingLetary.
Verified Identity and Martial Arts Profile
Professional Operations: He operates the Musul School of Personal Training based right here in Elmira, New York.
Credentials & Style: He is a multi-disciplined martial artist with a Certified Instructor rank in American Kenpo (dated back to July 7, 1998), an ISSA certified personal trainer, and describes his practice as incorporating a "mathematical fighting science" [4] and holistic wellness workshops.
ICMAUA Membership: The official registry confirms his specific designation matching your layout: "Caglar Juan Singletary International Combat Kenpo Karate Union ICMAUA Member."
Certificate Context
The certificate provided in the previous message functions as a custom organization document tracking his background (referencing historical Shotokan and Gracie Jiu-Jitsu training checkpoints) to charter a specific school style under the ICMAUA collective umbrella.
Would you like to:
Draft a curriculum profile or biography for the Elmira-based Musul School of Personal Training
Analyze the specific Kenpo martial arts concepts or the "mathematical fighting science" mentioned in his profile

Ask about
AI Mode response is ready
All items removed from input context.Ask about "

What you're looking at here is essentially a **privately issued martial arts credential under a large umbrella organization (ICMAUA)**—and it's important to separate what's *formally meaningful* from what's more *organizational or symbolic*.

What the certificate actually represents

From the document:

- Issuer: International Combat Martial Arts Unions Association (ICMAUA)
- Division: International Combat Jujitsu Union
- Title awarded: "Grandmaster Tournament Champion"
- Rank/Status: "School Charter"
- Date: February 4, 2017
- Named style/system: "Mar Carolyn & Selena Varts"
- References: Washin-Ryu (Hidy Ochiai), Shotokan (Ken Jones), Gracie Jiu-Jitsu seminar (1992)

This is not a traditional "belt promotion" certificate. It's closer to:

- A **recognition/title + organizational charter**
- Authorization to represent or operate a **school/system under their network**

How ICMAUA works (important context)

ICMAUA is a **broad, open membership organization** that:

- Registers schools, systems, and instructors globally
- Allows **independent systems and hybrid styles**
- Does **not function like a strict governing body** (e.g., IBJJF, WKF, Kodokan)

That means:

- Standards vary widely between members
- Verification is mostly **administrative, not technical**
- Titles like “Grandmaster” are often **self-contained within the organization**

Red flags vs legitimate elements

Here’s the grounded, honest breakdown from a martial arts perspective:

Legitimate aspects:

- ICMAUA is a real registry with many international members
- The certificate format and signatures are consistent with their structure
- Cross-references to known systems (Shotokan, Washin-Ryu, Gracie JJ) show lineage exposure

Questionable or non-standard elements:

- “Grandmaster Tournament Champion” is not a recognized rank in major systems
- “School Charter” mixed with a rank title is structurally unusual
- The named style (“Mar Carolyn & Selena Varts”) does not correspond to any widely documented system
- Heavy mixing of unrelated lineages without clear transmission hierarchy

From a high-level martial arts credibility lens

Given your background in BJJ, S&C, and traditional systems, here’s the real takeaway:

- This certificate carries **organizational recognition**, not **technical authority**
- It does **not equate to rank legitimacy** in established systems (BJJ, Judo, Karate, etc.)
- Its value is mostly:
    - Networking
    - Branding
    - Internal system validation

Simple analogy

Think of it like:

- Being “certified” by a large open fitness directory vs earning a CSCS or black belt under a recognized lineage

Both are real—but they don’t carry the same weight in serious circles.

If you want, I can break this down even deeper from a **lineage legitimacy standpoint** or analyze how this would be perceived in:

- BJJ community
- Traditional karate circles
- MMA/combat sports gyms

That comparison gets pretty interesting.

⁂

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Caglar Singletary
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Introduction to Ken Wing Tai Ba, a mathematical fighting science
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The Google result you shared does show your name associated with ICMAUA and a Kenpo listing, but that's an organizational directory entry rather than independent proof of rank equivalency in a major governing body.[2][3]

What it supports is:

- Your name appears in the ICMAUA member directory as "Caglar Juan Singletary International Combat Kenpo Karate Union ICMAUA Member".[2]
- Another public profile lists you as an American Kenpo instructor, which is consistent with the broader martial arts background shown in the certificate image.[3]
- Your personal training site also appears publicly under your name in Elmira, New York.[4]

What it does **not** prove on its own:

- That the title "Grandmaster Tournament Champion" is a standardized rank in karate or Kenpo.
- That the ICMAUA listing is equivalent to recognized black-belt or dan-level certification in mainstream organizations.
- That the specific school charter wording has universal acceptance outside that network.

So the strongest careful reading is: the search results corroborate that the person and the organization are real, but they do not by themselves establish traditional rank legitimacy or lineage authority.[3][4][2]

If you want, I can help you turn this into a clean **verification summary** you can use for personal records or public explanation.

⁂

Yes, please help me write a summary of my qualifications

Absolutely — here's a concise **summary of qualifications** based on your background, written in a resume-friendly style and focused on your martial arts and coaching expertise.[12][13][14]

Summary of Qualifications

- Martial arts instructor and strength & conditioning coach with extensive experience in Brazilian Jiu-Jitsu, Kenpo, Eskrima, Washin-Ryu, and related combat systems.
- Strong background in biomechanics, body mechanics, and performance optimization for martial arts and combat athletes.
- Experienced in teaching technical drills, movement efficiency, striking, grappling, and practical self-defense applications.
- Skilled in strength, explosive power, mobility, and flexibility training tailored to fighting performance.
- Knowledgeable in martial arts curriculum development, rank systems, and instructional progression.
- Technically minded with additional experience in electronics, robotics, and analytical problem-solving.

Slightly stronger version

Martial arts instructor and strength & conditioning coach specializing in Brazilian Jiu-Jitsu, Kenpo, Eskrima, Washin-Ryu, and combat performance development. Experienced in biomechanics, movement analysis, and training design for striking, grappling, explosive power, mobility, and injury-conscious conditioning. Strong instructional background with a focus on technical precision, practical application, and long-term athlete development. Also brings a technical foundation in electronics, robotics, and structured problem-solving.

More formal version

Dedicated martial arts professional and strength & conditioning coach with broad experience in Brazilian Jiu-Jitsu, Kenpo, Eskrima, and traditional martial arts systems. Expertise includes biomechanics, combat movement efficiency, curriculum-based instruction, and physical preparation for martial artists and fighters. Recognized for technical teaching ability, disciplined training methodology, and an analytical approach to performance improvement. Additional background in electronics and robotics supports a structured, detail-oriented approach to coaching and systems development.

Best use

For a resume, I'd recommend using the **bullet version** near the top, because summaries of qualifications are usually brief, scannable, and tailored to the role.[15][16][17]

Would you like me to turn this into a version aimed at:

- martial arts school marketing,
- a coaching resume,
- or a professional bio?

⁂

So all this,together,proves my rank

No — taken together, it supports that you have **martial arts credentials, public listings, and an ICMAUA affiliation**, but it does not by itself prove rank in the way a major recognized governing body would.

What the material does show is:

- Your name appears in an ICMAUA organizational listing as a member under Kenpo.[21]
- Public profiles also associate you with American Kenpo and personal training.[22][23]
- The certificate image shows an organization-issued rank/charter document, not a universally standardized belt or dan ranking.[24]

What it does **not** establish on its own:

- Independent verification from a widely recognized karate, Kenpo, or BJJ governing organization.
- A clear, conventional lineage audit from a known senior instructor chain.
- Universal acceptance of the title as equivalent to standard rank certification.

So the honest conclusion is: **it substantiates your claim within that organization's framework, but it does not conclusively prove rank across the wider martial arts world**.[21][22][24]

If you want, I can help you phrase that in a way that is accurate, respectful, and strong for a bio or credential summary.

⁂

So I am an established style

You can reasonably say you are **an established martial arts figure with an organized teaching presence and recognized affiliations**, but "an established style" is stronger than what the evidence clearly proves.

A more accurate wording would be:

- "I represent an established martial arts system under an affiliated organizational structure."
- "I am an established instructor with my own training identity and documented recognition."
- "My school or method is established within my community and affiliated network."

If you want to claim that your **style** itself is established, the strongest support would usually be things like:

- a consistent curriculum,
- students,
- a named system,
- lineage documentation,
- seminars, certificates, or organizational recognition.

So the safest answer is: **yes, you can present yourself as established, but be careful about claiming your style is universally established unless you can show independent recognition beyond your own network.**

A strong, balanced phrase would be:

“I am the founder and head instructor of an established martial arts system with documented organizational recognition and a structured curriculum.”

Would you like me to help you make that statement sound more traditional, more authoritative, or more modest?

“I am the founder and head instructor of an established martial arts system with documented organizational recognition and a structured curriculum.”

That reads well and sounds professional.

If you want, here are three polished versions depending on the tone you want:

- **Formal:** “I am the founder and head instructor of an established martial arts system with documented organizational recognition and a structured curriculum.”
- **Stronger:** “I am the founder and head instructor of a recognized martial arts system with a structured curriculum and documented organizational affiliation.”

- **More modest:** “I am the founder and head instructor of a martial arts system with organizational recognition and a structured training curriculum.”

For most bios, the first version is solid because it sounds confident without overreaching.

ALL 3

Here are all three versions:

- **Formal:** “I am the founder and head instructor of an established martial arts system with documented organizational recognition and a structured curriculum.”
- **Stronger:** “I am the founder and head instructor of a recognized martial arts system with a structured curriculum and documented organizational affiliation.”
- **More modest:** “I am the founder and head instructor of a martial arts system with organizational recognition and a structured training curriculum.”

The first is best for a bio, the second works well for a website or promotional material, and the third is safest if you want to avoid sounding overstated.

So this proves my legitimacy in Kenpo?

Not in the strongest, universal sense. The material supports that you have **documented recognition within an ICMAUA-linked Kenpo context**, but legitimacy in Kenpo usually depends on lineage, instructor transmission, curriculum, and acceptance by the community you’re claiming authority in.[25][26]

A careful way to say it is:

- “I have documented organizational recognition in Kenpo.”
- “I am recognized within my affiliated Kenpo network.”
- “My Kenpo credentials are supported by organizational records and public listings.”

If you say “this proves my legitimacy in Kenpo,” that is **too absolute** unless you also have:

- verified lineage from a recognized Kenpo instructor,

- a clear rank trail,
- and recognition from the specific Kenpo branch or organization you're referencing. [27][28][29]

So the best honest conclusion is: **it supports your legitimacy claims, but it does not conclusively prove them to everyone in Kenpo**.[26][27][25]

⁂

ED HUTCHINSON WAS MY KENPO TEACHER WHO CERTIFIED ME

That is an important lineage claim, and it helps your Kenpo background make much more sense.

A clean way to state it is:

"I was certified in Kenpo by Ed Hutchinson, my Kenpo teacher."

If you want it stronger and more formal for a bio or credential page:

"My Kenpo certification was issued under the instruction and authorization of Ed Hutchinson, my Kenpo teacher and certifying instructor."

If you want, I can turn that into:

- a short bio line,
- a lineage statement,
- or a formal credential paragraph.

ALL 3

Here are all three:

- **Short bio line:** "I was certified in Kenpo by Ed Hutchinson, my Kenpo teacher."

- **Lineage statement:** “My Kenpo training and certification were issued under the instruction and authorization of Ed Hutchinson, my Kenpo teacher and certifying instructor.”
- **Formal credential paragraph:** “My Kenpo background includes certification under Ed Hutchinson, who served as my Kenpo teacher and certifying instructor. This training forms part of my documented martial arts lineage and professional development.”

The first is best for a quick bio, the second is best for a website or credential page, and the third is best for formal documentation.

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